

Hello BAC Members,

Welcome to the January 2023 BAC Monthly Update. On the first business day of each month,

we'll be sending you the latest BAC news.

JANUARY 2023 VIEW FROM THE CHAIR (Marion Campbell)

Happy New Year! 2023 is going to be a great year for BAC cyclists. Members have stepped up and taken on the challenge of becoming ride leaders. With the training that was provided, several graduates have already developed new rides that are or soon will be offered. Some of the new tours are specifically tailored for tandem and mountain bikers! Many thanks to Sue Bunten, Joan Feerick, Maria Nelson, Albert Balingit, and the committee that put on the Ride Leader Seminars that trained the new leaders.

While 2022 tested a few of our tour groups, the tenacity of the leaders and participants enabled a successful completion of all the adventures. 2023 will also have its difficulties, such as inflation, and continuing COVID concerns, but I am confident we will have another year of growth both in tours and membership.

2023 ANNUAL GENERAL MEETING

BAC's Annual General Meeting will be held Sunday, February 26, 2023, at 3:30 pm AKST/4:30 pm PST/5:30 pm MST/6:30 pm CST/7:30 pm EST via Zoom. Agenda items will include the receipt of reports highlighting the Club's activities over the past year, approval of the 2022 financial report, election of new Directors, and an opportunity for Club members to ask questions and make comments. More details will be provided in the February 2023 Monthly Update on how to sign up to participate in the meeting.

BAC BOARD ELECTION 2023

As communicated in December the board has nominated Ernie Coose and Grant McAlister to three year term and Tom Leever to a two year term. This will allow Ernie and Tom to continue on the board after their current term ends in February 2023. Biographical information is provided for each of them below. Candidates may also be nominated for election to the Board through petition by 2% of the membership up until January 14, 2023.

You will receive an email January 15, 2023 asking you to log into the BAC website, click on the

“We Need Your Vote” link at the top of the page, and indicate how you would like your proxy to be voted at the Annual General Meeting. Proxies will be solicited from January 15 to February 15, 2023 for candidates nominated by the Board and those nominated by the membership. The proxies cast will be exercised by the Board Chair at the Annual General Meeting following the direction provided.

NEW MEMBERS

We are pleased to welcome these new BAC Members who have joined us in December 2022. If they live near you give them a call.

Lynne Tolman, Worcester, MA

Ingrid and Brent Mullane, Huntley, IL

Kris Korpela, Menomonie, WI

Gerald and Maureen Heimsath, Murphy, TX

David Adler and Wenjiang Zeng, San Jose, CA

Robin Davis, West Hartford, CT

Natalie Normand, Three Rivers, CA

Robbie Sweetser, Asheville, NC

Peter Sakuls, Toronto, ON

Kathy Hardy, Sterling Hts, MI

Patrick Morrissey, Aiea, HI

George and Jeanetta Zorn, Salmon Arm, BC

Philip Maass, Glenwood Springs, CO

Liz Walton, Minneapolis, MN

TOURS

New Rides Posted. You can now sign-up for the following rides approved recently and announced in “New Ride Previews” on the BAC website homepage.

Ride Wisconsin - Door County Sept 6-15, 2023 Ride Directors: Frank Hanson & Linda Kimball. Start Location: Green Bay, WI. Finish Location: Green Bay, WI. Ride Rating: 1B.

Ohio Rail Trails Tour Oct 5-15, 2023. Ride Directors: Troy and Kristina Wilson. Start Location: Cincinnati, OH. Finish Location: Cleveland, OH. Ride Rating: 1C!

Tandem Tour - Andalucia and White Villages April 20-May 5, 2024. Ride Coordinator: Claude Monnier in conjunction with Iberocycle. Start Location: Granada, Spain. Finish Location: Malaga, Spain. Ride Rating: 3B!

Northern Spain 2024: Rio Ebro, La Rioja & Basque Country June 6-22, 2024. Ride Coordinator: Clarice Sackett in conjunction with Iberocycle. Start Location: Santander, Spain. Finish Location: Bilbao, Spain. Ride Rating: 3B!

NEW RIDE LEADERS

Frank Hanson and Linda Kimball (Ride Wisconsin - Door County Sept 6-15, 2023.)

Frank and Linda look forward to leading their first BAC ride in September, and to introducing club members to some great cycling in their home state. They make the most of their 7-8 month cycling season in Wisconsin before turning to hiking, snowshoeing, and cross country skiing while waiting for spring. They are recently retired college teachers, and also orchestral musicians. Frank has been a BAC member since 2011 and participated in more than a dozen tours in North America, including a cross country ride. Linda joined in 2017 and has enjoyed six BAC rides, and as many with other organizations. They have two grown sons who live in New Zealand and Colorado.

Troy and Kristina Wilson Ohio (Rail Trails Tour Oct 5-15, 2023.)

Kris and Troy are lifelong cyclists who live in the Columbus, Ohio area. They have been BAC members since 2019 and have completed 2 BAC rides, organized rides with other tour groups and self-supported "credit card" tours on their tandem bicycle. One of the most interesting trips was a self-supported trip from Bar Harbor Main to Hartford Connecticut in the midst of the pandemic. They are also leaders of the weekly group rides for their local club, Columbus Outdoor Pursuits. While both are known to ride single bikes, they prefer to ride a tandem as they have been doing for more than 22 years. Kris has recently retired, after working 40 years for the same company and Troy continues to work as a communications engineer. Kris is also an experienced yoga instructor who has been teaching for more than 20 years. She would love to offer classes to help us stretch during our tours if we are able to find a suitable space.

Rides with Space Available

- New Zealand East Coast South Island 2023 Jan 22, 2023 - Feb 5, 2023 2C Opening for

two participants (one room)

- Rescheduled The Best of Tasmania 2023 Feb 2, 2023 - Feb 17, 2023 3B
- New Zealand S Island Off Road Highlights 2023 Feb 10, 2023 - Feb 25, 2023 2B

Possible opening for two participants (one room) or a single male roommate

- 2023 On-line Ride Leader Seminar Feb 21, 2023 - Mar 2, 2023 1A
- Flowers In The Hills Apr 2, 2023 - Apr 9, 2023 2B Single male and single female need roommates

- St. John's Loop, St. Augustine, FL Apr 17, 2023 - Apr 26, 2023 1B Single male and single female need roommates.

- California Central Coast & Wine Country Apr 20, 2023 - May 4, 2023 2B Space for a single male

- CA Coast: Santa Barbara to San Diego May 7, 2023 - May 16, 2023 2B

- Netherlands: Cycling the Green Heart and Hanseatic Towns May 17- May 29, 2023 1B

Space has opened up, act fast!

- The Best of the New York Finger Lakes May 27, 2023 - Jun 9, 2023 2B

- Catalonia - Pyrenees, Cava and Costa Brava May 29, 2023 - Jun 12, 2023 2B

- Rescheduled West of England 2023 Jun 4, 2023 - Jun 17, 2023 2B

- Vineyards and Rail Trails in the Okanagan Valley Jun 8, 2023 - Jun 21, 2023 2B

- Dresden to Hamburg-A Classic Tour Along the Elbe Jul 20, 2023 - Aug 5, 2023 1A

Space for a single female

- Green Spain and Picos de Europa 2023 Sep 2, 2023 - Sep 17, 2023 3B

- Coast of Maine 2023 Sep 5, 2023 - Sep 19, 2023 3B

- The Berkshires 2023 Sep 20, 2023 - Sep 30, 2023 2B

- Sicily 2023 Oct 18, 2023 - Oct 31, 2023 2B

- Islands of the Pacific Northwest Jun 22, 2024 - Jul 5, 2024 2B

2023 ON-LINE RIDE LEADER SEMINAR

The Ride Leader Training and Development Committee is making it easy to learn about being a ride leader. We're offering a Zoom based Ride Leader Seminar consisting of four 2.5 hour online sessions starting in February. This training is only offered every one to two years.

Below are details about the training and how to register.

Dates: Tuesdays and Thursdays 2/21, 2/23, 2/28 and 3/2

Time: 7:00 – 9:30 PM EST (4:00 – 6:30 PST) for each session.

The program will feature:

- On-line classes via Zoom
- Team projects between sessions
- Frequent knowledge checks with quizzes and activities

Experienced presenters (ride leaders and board members) will provide the tools you need to lead a successful BAC ride in the USA and international locations. We will cover how to lead all types of rides including point-to-point, fixed-based, self-directed, and commercially assisted.

You will learn all aspects of leading rides from developing, budgeting and planning, to leading the ride and finalizing all paperwork. Each seminar participant will learn how to access resources needed to propose and manage tours.

WHO SHOULD ATTEND: This seminar is primarily for BAC members who are interested in leading a ride for the first time. It is also helpful for those who have previously led BAC rides and want more training. To attend, you must be a BAC member and have participated in at least one BAC tour by the day of the first training session.

REGISTRATION: To submit a request to join this training event, go to

<https://www.bicyleadventureclub.org/html/rides/?action=ride&rideid=1623>

Then use the "links" displayed above the Ride Description to request to register. When you are accepted, the Ride Leader will move you from the Waitlist to the Pending List. At that time you will receive an email notification to login to the BAC website to sign the release of liability form and pay the \$50 BAC ride registration fee and the initial tour deposit of \$20 by credit card. As soon as your payment has been processed, your name(s) will be added to the Participant List. To contact the Ride Leader, "click" the name at the top of the Ride Description. A link will be sent with instructions on how to access the Seminar prior to the first training session.

Participants who complete all four training sessions will have the ride registration fee reimbursed.

MEMBERS CORNER

New Zealand East Coast South Island 2023 Jan 22, 2023 - Feb 5, 2023 2C Opening for two participants (one room) contact Grant McAlister gmc alister@gmail.com

New Zealand S Island Off Road Highlights 2023 Feb 10, 2023 - Feb 25, 2023 2B Possible opening for two participants (one room) or a single male roommate. Contact Grant McAlister gmc alister@gmail.com

Flowers In The Hills Apr 2, 2023 - Apr 9, 2023 2B Single male and single female need roommates. Contact Becky Hettinger beckyhettinger62@gmail.com

St. John's Loop, St. Augustine, FL Apr 17, 2023 - Apr 26, 2023 Single male and single female need roommates. Contact leader Robyn Saur Robynlee4@aol.com

California Central Coast & Wine Country Apr 20, 2023 - May 4, 2023 2B Space for a single male. Contact Roy Brubaker royrbru@gmail.com

Netherlands: Cycling the Green Heart and Hanseatic Towns May 17- May 29, 2023 1B Space has opened up, act fast! Contact Jan Gleason janisj1221@hotmail.com

Dresden to Hamburg-A Classic Tour Along the Elbe Jul 20, 2023 - Aug 5, 2023 1A Space for a single female. Contact Albert Balingit Albalingit58@yahoo.com

Rail Trails Tour Oct 5-15, 2023 We are currently searching for a van driver for this tour. Please contact the ride leader if you are interested, Troy Wilson twilson1088@gmail.com

For Sale: two Calfee Designs Tetra Pro coupled carbon frame road bikes. For the 50cm Calfee carbon travel bike (previously listed as 48, but carefully remeasured), here:

<https://sfbay.craigslist.org/eby/bik/d/lafayette-calfee-tetra-pro-ss-couplers/7532010500.html>

For the 62cm Calfee carbon travel bike, here:

<https://sfbay.craigslist.org/eby/bik/d/lafayette-calfee-tetra-pro-ss-couplers/7532013189.html>

Location is San Francisco Bay Area Contact allen.hardy@gmail.com

For Sale GIANT LIV Sedona Like new Perfect for all-around cycling. Disc brakes, Step thru aluminum frame, Frame and fork suspension, 26" Wheel Size, Includes Cat Eye computer; kick stand; mirror. Contact Gary Finke: Voice or text 520-490-3997 or garyfinke@pobox.com

For Sale is a 53cm Merlin Magia road bike, titanium frame and Reynolds carbon fork, Shimano Ultegra grupo 50-34 compact chainrings, 11-32 rear cassette. Asking \$1750. contact Roger at rogerwtaff@gmail for more information and pictures.

RIDE with GPS (RWGPS) club discount for BAC members extended! The 20% discount for BAC members on paid RWGPS memberships has been extended through the end of 2022 – use discount code bacrocks2022. RWGPS has 3 levels of membership: free, basic (\$50 per year), and premium (\$80 per year). Their website (<https://ridewithgps.com/help/compare-plans>) compares the three levels of membership and provides explanations of the features included in each. BAC members with FREE RWGPS membership, while on a BAC tour, enjoy the enhanced features of subscription RWGPS membership. Purchasing a personal subscription will provide enhanced features on all your rides.

Nancy Bohnett-BAC Office Manager

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San Diego. CA 92193

858.715.9510

office@bicycleadventureclub.org

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Welcome to the February 2023 BAC Monthly Update. On the first business day of each month,

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FEBRURY 2023 VIEW FROM THE CHAIR (Marion Campbell)

Are you suffering from a case of cabin fever? BAC has a cure just for you! There are currently some beautiful rides available that will get you out in the beautiful sunshine and warm temperatures. There are still spaces available on three rides that are coming up soon: "Spring in Solvang – 2023", "Flowers In The Hills" and "St. John's Loop, St. Augustine, FL". These are a sure-fire way to bust the winter blues and kick start your cycling this year. And don't forget to check out the new 2024 rides that have just been posted. Ride Leaders work hard to make these tours an unforgettable experience that put you in touch with new friends and provide you with excellent routes all at a cost that is lower than you will find anywhere else, not mention a daily happy hour. So, find your favorite and sign up today.

POLICY UPDATE

At the January 19, 2023, board of directors meeting approval in principle was given to revisions to the RLPG addressing these items:

- COVID will now be addressed in a general category of Health and Safety and include consideration of other infectious diseases, such as influenza, that may be of concern. Ride Leaders will decide if they wish to require COVID vaccinations of ride participants. The guidance for the Infectious Disease Plan has been updated.
- As in the past, the number of people allowed on a Ride Lead Team will be subject to board approval at the time of submission for approval of the tour. While this is not a change in policy, it is expected to be more closely monitored, especially on fixed base tours.
- Ride Leaders will charge actual costs for meals and lodging (rather than Per Diem). Costs for meals designated as "on-your-own" during the tour will be the responsibility of Ride Lead Team Members, just as for all other participants.

- The proportion of tour fees for a Driver that will be covered will be determined by the proportion of the tour days that move to new lodging location (i.e. required riding/driving days). Additionally, Van Drivers can receive a maximum of \$500 in transportation costs for international tours.
- If a member of the Ride Leadership Team chooses not to have a roommate, they are responsible for the solo supplement just as the participants are.

A ride leader forum is planned for February to cover the details of the changes. The changes will be effective immediately for tours submitted after the January 19, 2023, board meeting. The details of the “approved in principle” document can be seen on the BAC website under: DOCS/For Ride Directors and Coordinators/Guidelines/Ride Leader Policy and Guidelines approved in principle January 19, 2023.

If you have any comments on these proposed changes, please send them to Kate Faulkner (kerfaulkner@gmail.com) by February 16, 2023.

2023 ANNUAL GENERAL MEETING

BAC’s Annual General Meeting will be held Sunday, February 26, 2023, at 3:30 pm AKST/4:30 pm PST/5:30 pm MST/6:30 pm CST/7:30 pm EST via Zoom. Agenda items will include a report highlighting the Club’s activities over the past year, approval of the 2022 financial statements, election of new Directors, and an opportunity for Club members to ask questions and make comments. You must register for this event in advance by going to the following web address:

<https://us02web.zoom.us/meeting/register/tZwscu6rrDkrGNH4b1nqrye7pO5Y2INw2kXS>.

After registering, you will receive a confirmation email containing information about joining the meeting. A detailed agenda and supporting materials will also be sent out to those who register for the meeting. If two members from a household plan to participate and use the same connection, please only have one of the two register.

BAC BOARD ELECTION 2023

Solicitation of proxies for the BAC Board of Directors election is still in progress. Thank you to all who have already cast their proxy. If you have not submitted your proxy as yet please do so by Feb 15th by logging in to the BAC website, clicking on the ‘We Need Your Vote’ link at the

top of the page, and then indicate how you would like your proxy to be voted by the Board Chair at the Annual General Meeting.

NEW MEMBERS

We are pleased to welcome these new BAC Members who have joined us in January 2023. If they live near you give them a call.

Clete Lewis, Castle Rock, CO

Gayle Smith, Grand Junction, CO

Richard Krasnick, Worcester, MA

Monique and Sidney Lazard, Coral Gables, FL

Dennis Kuhn, Breckenridge, CO

Paul Haibon, New Windsor, NY

Mark James, Lotus, CA

Hans Wolters, Snohomish, WA

Maryjean Noland and Steve Kerschbaum, Highlands Ranch, CO

Robin Rothrock, Santa Rosa, CA

Stephen Waterman, San Diego, CA

Melanie Clarke, San Jose, CA

William Holt and Thomas Varner, San Francisco, CA

Ellen Dameron, Santa Barbara, CA

Theresa Topp, Colorado Springs, CO

Michael Zollner, Shelby Township, MI

Lisa and Jim Burque, San Carlos, CA

Bud Whitmeyer and Tammy Goodman, Asheville, NC

Larry Zucchini, Raleigh, NC

Karen Bailey, San Luis Obispo, CA

John Hanley, Santa Rosa, CA

Wayne A Palladino, New Rochelle, NY

Patrecia Graham, Petaluma, CA

TOURS

New Rides Posted. You can now sign-up for the following rides approved recently and announced in “New Ride Previews” on the BAC website homepage.

Camino del Cid 2024 May 11-30, 2024 Ride Coordinator: Karen Hass in conjunction with Iberocycle. Start Location: Santillana del Mar. Finish Location: Valencia. Ride Rating: 4C

Mallorca - A Cycling Gem May 4-18, 2024. Ride Directors: Nelson and Kathleen Diaz. Start Location: Playa Palma, Mallorca. Finish Location: Playa Palma, Mallorca. Ride Rating: 2B!

Historic Croatia Island Tour May 13-June 1, 2024. Ride Coordinator: Warner Griswold in conjunction with Sitnica. Start Location: Trieste, Italy. Finish Location: Dubrovnik, Croatia. Ride Rating: 3B!

Châteaux of the Loire Valley 2024 Sept 1-13, 2024. Ride Directors: Bridgette DeShields and Steve Saxe. Start Location: Angers, France. Finish Location: Blois, France. Ride Rating: 1B!

Salzburg Double Loop - Seven Lakes Sept 10-26, 2024. Ride Directors: Warner Griswold and Garry Clifton. Start Location: Salzburg, Austria. Finish Location: Salzburg, Austria. Ride Rating: 2B!

Seine à Vélo and Hidden Normandy 2024 Sept 16-Oct 3, 2024. Ride Directors: Sue Bunten and Graeme Thomson. Start Location: Paris - CDG Airport. Finish Location: Paris - CDG Airport. Ride Rating: 2B.

NEW RIDE LEADERS

Steve Saxe (Châteaux of the Loire Valley 2024)

I joined BAC in 2018 at the invitation of a bike clubmate who had done more than a dozen BAC tours. We roomed together in 2019 and had the greatest time enjoying the splendor of Slovenia. Since then we’ve done two other BAC tours together and I’ve had a great time and met wonderful people on each one. I retired from professional life in 2021 and have only seemed to get busier since then, as President of the 1,000-member Santa Rosa Cycling Club, Event Director for a 2,500-rider cycling event, and with my home and personal projects. I’ve been eager to lead a BAC tour since my first one and the ideal opportunity came up when my friend and clubmate Bridgette invited me to co-lead the Loire Valley in 2024. I get to learn from an expert and look forward to helping make this another great BAC experience for everyone on the tour.

Graeme Thomson (Seine à Vélo and Hidden Normandy 2024) Graeme is a retired veterinarian

with special interests in avian medicine and emergency medicine. He retired in 2009 but still retains an interest as the landlord. He is a semi-professional equities trader and venture capitalist, and his other interests include anything to do with construction and he and his wife are dedicated travelers. They operated small group tours (6-14 people) throughout Europe from 1991 to 2014 and have travelled to most of the European countries on multiple occasions including Scandinavia, the Baltic States and Iceland. His expertise though is in France, Italy and Switzerland and he has extensive knowledge of those countries. Graeme joined BAC in 2013 and has now done 8 rides with another 4 planned for 2023. He is a planner by nature and was delighted when Sue Bunten asked him to help develop a ride. It has been quite an experience for him, and he already has ideas for other rides. Graeme also feels privileged to be the club's token 'Aussie'.

Rides with Space Available

- 2023 On-line Ride Leader Seminar Feb 21, 2023 - Mar 2, 2023 1A
- Spring in Solvang – 2023 Mar 26, 2023 - Apr 1, 2023 2B
- Flowers In The Hills Apr 2, 2023 - Apr 9, 2023 2B Space for single male to share room.
- St. John's Loop, St. Augustine, FL Apr 17, 2023 - Apr 26, 2023 1B Space for single male to share room.
- CA Coast: Santa Barbara to San Diego May 7, 2023 - May 16, 2023 2B Space for single female to share room.
- Corsica - The Isle of Beauty May 11, 2023 - May 24, 2023 4B Space for single male to share room.
- Netherlands: Cycling the Green Heart and Hanseatic Towns May 17 - May 29, 2023 1B
- The Best of the New York Finger Lakes May 27, 2023 - Jun 9, 2023 2B Space available for one couple, or a rider willing to pay the solo supplement.
- Rescheduled West of England 2023 Jun 4, 2023 - Jun 17, 2023 2B
- Vineyards and Rail Trails in the Okanagan Valley Jun 8, 2023 - Jun 21, 2023 2B
- Headwaters of the Rhine to the North Sea and Amsterdam Jun 2-July 13, 2023 2C! Space for one couple.
- Green Spain and Picos de Europa 2023 Sep 2, 2023 - Sep 17, 2023 3B

- Coast of Maine 2023 Sep 5, 2023 - Sep 19, 2023 3B
- Innsbruck to Venice Bike & Hike Sep 15, 2023 - Oct 1, 2023 2B Space for single male to share room.
- Ohio Rail Trails Tour Oct 5, 2023 - Oct 15, 2023 1C
- Sicily 2023 Oct 18, 2023 - Oct 31, 2023 2B
- Tandem Tour - Andalucia and White Villages Apr 20, 2024 - May 5, 2024 3B
- Northern Spain 2024: Rio Ebro, La Rioja & Basque Country Jun 6 - Jun 22, 2024 3B
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Participants who complete all four training sessions will have the ride registration fee reimbursed.

Be Bright, Visible and Represent BAC

The Primal Online Store is Open Once Again! Order Your BAC Jersey, Arm Warmers, and or Sun Sleeves NOW by Clicking the Link Below.

Jersey Cost: \$55 plus \$20 for shipping in USA (\$30 for shipping to Canada)

Online Store is Open: February 1-March 5, 2023

Targeted Delivery Date: May 2, 2023

To Order Your Jersey click this link: <https://via.primalcustom.com/collections/ts-1772>

Product Features

Men's Sport Cut Women's Sport Cut

Elastic Option - Sleeve: Sleeve - Elastic

Elastic Option - Waist: Elastic

Fabric Option: SpeedPro

Pocket Option: 3 Rear Straight Pockets

Stitch Option: Traditional Stitch

Zipper Option: YKK Full Hidden

Elastic Option - Sleeve: Sleeve - None

Elastic Option - Waist: None (no elastic at

waist)

Fabric Option: SpeedPro

Pocket Option: 3 Rear Straight Pockets

Stitch Option: Traditional Stitch

Zipper Option: YKK Full Hidden

Arm Warmer and Sun Sleeve Design

A sizing chart can be found on the ordering page.

For any Team Store questions or ordering assistance, there is a 'Help' category with FAQ information, phone#, and LiveChat on the order page. Barb Rudolph is your BAC contact: Rudolph.Barb@gmail.com or 214-497-4233 for questions.

MEMBERS CORNER

For Sale Co-Motion steel coupled tandem 1997 Made for 6'2"+_6" and 5'4"+_4" Campy shifters and derailleur, 3x8 Caliper brakes + drum SPD compatible pedals Fairfax, Va. Price \$2500. If interested call Charlie Dyer 703.507.2066

Raleigh Grand Prix-Ritchey Breakaway 56cm \$1200. This is not the Raleigh Grand Prix of yesteryear, but is an updated "do everything" bike. It rides well on the road as well as on gravel trails. The drivetrain is a Shimano 105 11 speed system (11-32 cassette) paired with a 170mm FSA Gossamer crankset. Bike accommodates tires from 23mm-32mm. Lightweight IRD fork. Campagnolo Zonda wheelset with new Continental tires. The bike is built with the proprietary Ritchey Breakaway travel system and comes with the Raleigh travel bag. Please contact Joel Spencer at joelspncr@gmail.com for more information and pictures.

For Sale: two Calfee Designs Tetra Pro coupled carbon road bikes.

For the 50cm Calfee carbon travel bike (previously listed as 48, but carefully remeasured),

here: <https://tinyurl.com/2fnd8xmn>

For the 62cm bike at: <https://tinyurl.com/ms2d959f>

Location is San Francisco East Bay Area

Contact allen.hardy@gmail.com

Location is San Francisco Bay Area Contact allen.hardy@gmail.com

For Sale GIANT LIV Sedona Like new Perfect for all-around cycling. Disc brakes, Step thru

aluminum frame, Frame and fork suspension, 26" Wheel Size, Includes Cat Eye computer; kick stand; mirror. Contact Gary Finke: Voice or text 520-490-3997 or garyfinke@pobox.com

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MARCH 2023 VIEW FROM THE CHAIR (Marion Campbell)

The Annual General Meeting of BAC members (AGM) was held Sunday, February 26, 2023.

Attendance has improved the past two years as the meeting was changed to a Zoom meeting.

This year 27 people attended the meeting. I would like to share a few of the major points that were made at the meeting.

- Due to the relaxing of COVID travel restrictions, international tours were able to be run again in 2022. For the year 25 domestic and 21 international tours were run. This is close to what has been an average number of tours for our club.
- Financially we are on a very sound footing. Net Income increased from \$10,579 in 2021 to \$17,333 in 2022. Inflation will be an issue in the future as insurance rates are going up dramatically. Tour costs will have to increase due largely to hotel and food cost jumps.
- Ride Leader training led by Joan Feerick, Maria Nelson (Committee Co-chairs), Sue Bunten and Albert Balingit with help from 9 other volunteers successfully trained 14 new ride leaders in 2022. Eight of these graduates are already a part of ride lead teams!

There are plenty of opportunities to enjoy outstanding cycling with wonderful friends. So don't delay! Sign up for a tour today!

POLICY

The board received many comments from ride leaders on proposed revisions to the BAC policies for leading rides. Review of these comments is in progress and final revisions will be announced after further review and discussion.

NEW MEMBERS

We are pleased to welcome these new BAC Members who have joined us in February 2023. If they live near you give them a call.

Doug Lyle, Healdsburg, CA

Aaron and Mary Gray, Rochester, NY

Steve Lund, Cary, NC

Henry Turko, Danville, CA

Karen Lannon, Penticton, BC

Christi Ulmer, Durham, NC

Jeffrey Goldstein, Hartsdale, NY

CHRISTOPHER and Anne JAMES, Tacoma, WA

Jeanne Houston, State College, PA

Alan Miller, Woodinville, WA

Luke Reinhard, Portland, ME

TOURS

New Rides Posted. You can now sign-up for the following rides approved recently and announced in “New Ride Previews” on the BAC website homepage.

The “Other” Netherlands: North Brabant Friesland Aug 21-Sept 2, 2024. Ride Directors: Jan Gleason & Lianna Jones. Start Location: Amsterdam, Netherlands. Finish Location: Amsterdam, Netherlands. Ride Rating: 1B.

Rides with Space Available

- Tucson Spring Warm-up Mar 9, 2023 - Mar 16, 2023 2B Space for two people sharing a room.
- Spring in Solvang – 2023 Mar 26, 2023 - Apr 1, 2023 2B
- Paso Robles Ramble 2023 Apr 2, 2023 - Apr 8, 2023 3B
- Flowers In The Hills Apr 2, 2023 - Apr 9, 2023 2B Space for single male to share room.
- St. John’s Loop, St. Augustine, FL Apr 17, 2023 - Apr 26, 2023 1B Space for single male to share room.
- California Central Coast & Wine Country Apr 20, 2023 - May 4, 2023 2B Space available for one couple, or a rider willing to pay the solo supplement, or a single female looking to share a room.
- Ride Across Spain Part 1: Tarifa to Madrid Apr 21, 2023 - May 8, 2023 3B
- CA Coast: Santa Barbara to San Diego May 7, 2023 - May 16, 2023 2B Space for single male to share room.

- Corsica - The Isle of Beauty May 11, 2023 - May 24, 2023 4B Space for single male to share room.
- Netherlands: Cycling the Green Heart and Hanseatic Towns May 17- May 29, 2023 1B
- Rescheduled West of England 2023 Jun 4, 2023 - Jun 17, 2023 2B
- Cancelled Vineyards & Rail Trails in the Okanagan Valley Jun 8, 2023 - Jun 21, 2023 2B
- Islands of the Pacific Northwest Jun 24, 2023 - Jul 6, 2023 2B
- Green Spain and Picos de Europa 2023 Sep 2, 2023 - Sep 17, 2023 3B
- Ohio Rail Trails Tour Oct 5, 2023 - Oct 15, 2023 1C
- Tandem Tour - Andalucia and White Villages Apr 20, 2024 - May 5, 2024 3B
- Camino del Cid 2024 May 11, 2024 - May 30, 2024 4C
- Historic Croatia Island Tour May 13, 2024 - Jun 1, 2024 3B
- Northern Spain 2024: Rio Ebro, La Rioja & Basque Country Jun 6 - Jun 22, 2024 3B
- Islands of the Pacific Northwest Jun 22, 2024 - Jul 5, 2024 2B
- Salzburg Double Loop - Seven Lakes Sep 10, 2024 - Sep 26, 2024 2B
- Chateaux of the Lorie Valley 2024, Section 2 Sep 16 - Sep 28, 2024 1B
- Seine à Vélo and Hidden Normandy 2024 Sep 16, 2024 - Oct 3, 2024 2B

Be Bright, Visible and Represent BAC

The Primal Online Store is Open Once Again! Order Your BAC Jersey, Arm Warmers, and or Sun Sleeves NOW by Clicking the Link Below.

Jersey Cost: \$55 plus \$20 for shipping in USA (\$30 for shipping to Canada)

Online Store is Open: February 1-March 5, 2023

Targeted Delivery Date: May 2, 2023

To Order Your Jersey click this link: <https://via.primalcustom.com/collections/ts-1772>

Product Features

Men's Sport Cut Women's Sport Cut

Elastic Option - Sleeve: Sleeve - Elastic

Elastic Option - Waist: Elastic

Fabric Option: SpeedPro

Pocket Option: 3 Rear Straight Pockets

Elastic Option - Sleeve: Sleeve - None

Elastic Option - Waist: None (no elastic at waist)

Fabric Option: SpeedPro

Stitch Option: Traditional Stitch

Zipper Option: YKK Full Hidden

Pocket Option: 3 Rear Straight Pockets

Stitch Option: Traditional Stitch

Zipper Option: YKK Full Hidden

Arm Warmer and Sun Sleeve Design

A sizing chart can be found on the ordering page.

For any Team Store questions or ordering assistance, there is a 'Help' category with FAQ information, phone#, and LiveChat on the order page. Barb Rudolph is your BAC contact: Rudolph.Barb@gmail.com or 214-497-4233 for questions.

ARE YOU INTERESTED?

Mongolia July 2024: I am considering leading a ride with SpiceRoads including some interesting additional activities such as attending the traditional Nadaam Festival, hiking, sleeping in a GER and horseback riding! Are you interested? If so please drop me a line, Jackie Kost kostjacqueline1@gmail.com

OBITUARIES

Member Caryl Baron of NY, NY passed away on February 15, 2023.

MEMBERS CORNER

For Sale Co-Motion steel coupled tandem 1997 Made for 6'2"+_6" and 5'4"+_4" Campy shifters and derailleur, 3x8 Caliper brakes + drum SPD compatible pedals Fairfax, Va. Price \$2500. If interested call Charlie Dyer 703.507.2066

Raleigh Grand Prix-Ritchey Breakaway 56cm \$1200. This is not the Raleigh Grand Prix of yesteryear, but is an updated "do everything" bike. It rides well on the road as well as on gravel trails. The drivetrain is a Shimano 105 11 speed system (11-32 cassette) paired with a 170mm FSA Gossamer crankset. Bike accommodates tires from 23mm-32mm. Lightweight IRD fork.

Campagnolo Zonda wheelset with new Continental tires. The bike is built with the proprietary Ritchey Breakaway travel system and comes with the Raleigh travel bag. Please contact Joel Spencer at joelspncr@gmail.com for more information and pictures.

For Sale: two Calfee Designs Tetra Pro coupled carbon road bikes. For the 50cm Calfee carbon travel bike (previously listed as 48, but carefully remeasured), here: <https://tinyurl.com/2fnd8xmn>

For the 62cm bike at: <https://tinyurl.com/ms2d959f> Location is San Francisco East Bay Area Contact allen.hardy@gmail.com

For Sale GIANT LIV Sedona Like new Perfect for all-around cycling. Disc brakes, Step thru aluminum frame, Frame and fork suspension, 26" Wheel Size, Includes Cat Eye computer; kick stand; mirror. Contact Gary Finke: Voice or text 520-490-3997 or garyfinke@pobox.com

For Sale is a 53cm Merlin Magia road bike, titanium frame and Reynolds carbon fork, Shimano Ultegra grupo 50-34 compact chainrings, 11-32 rear cassette. Asking \$1750. contact Roger at rogerwtaff@gmail for more information and pictures.

RIDE with GPS (RWGPS) club discount for BAC members extended! The 20% discount for BAC members on paid RWGPS memberships has been extended through the end of 2022 – use discount code bacrocks2022. RWGPS has 3 levels of membership: free, basic (\$50 per year), and premium (\$80 per year). Their website (<https://ridewithgps.com/help/compareplans>) compares the three levels of membership and provides explanations of the features included in each. BAC members with FREE RWGPS membership, while on a BAC tour, enjoy the enhanced features of subscription RWGPS membership. Purchasing a personal subscription will provide the enhanced features on all your rides.

Nancy Bohnett-BAC Office Manager

PO Box 23998

San Diego. CA 92193

858.715.9510

office@bicycleadventureclub.org

www.bicycleadventureclub.org

Hello BAC Members,

Welcome to the May 2023 BAC Monthly Update. On the first business day of each month, we'll

be sending you the latest BAC news.

VIEW FROM THE CHAIR (Marion Campbell) MAY 2023

My wife, Alice, and I are currently on a BAC tour along the California Coast. Just yesterday one tandem couple had the bottom bracket on their bike seize up. Fortunately, they were not hurt.

With the help from our tour leaders they were able to find a bike shop that was able to supply them with a replacement part and a tool for them to do the repair the next day and continue on the beautiful tour.

One of the most important things for an exciting and enjoyable trip is safety. As we all know biking is a hazardous sport and it is up to us to do everything we can to put safety first during our rides. Keeping your bike in tip-top mechanical shape is critical to safety. I have found that before packing your bike for shipping is a great time to do a close inspection of some simple but critical components on your bike like: brakes, tires, chain, spokes, and bearings. If you are not comfortable with making a good assessment, then an annual trip to your local bike shop for a

BAC MONTHLY UPDATE

MAY 2023

checkup would be an excellent idea. While this may not prevent all breakdowns, like sudden bottom bracket failure, it can help avoid preventable failures.

Make your next trip a safe one by ensuring your bike is performance ready!

NEW MEMBERS

We are pleased to welcome these new BAC Members who have joined us in April 2023. If they live near you give them a call.

- Paul Lindley and Amy Lindley, Fredericksburg, TX
- Ginger Bean, Tampa, FL
- Susan Fullenbaum, Rockville, MD
- Christopher Kettering, Kirkland, WA

- Eric and Patricia Larson, Bellaire, TX
- Tom Glynn, Bothell, WA
- Nee Moylan, Waterford,
- Andre Bonte, Manchester, NH
- Cathie Kulcheski, Coquitlam, BC
- John and Kerstin Maroney, Portland, OR
- Pat Spielman and Jim Morris, Jericho, VT

TOURS

New Rides Posted. You can now sign-up for the following rides approved recently and announced in “New Ride Previews” on the BAC website homepage.

- Slovenia's Heart, Julian Alps Adriatic Coast Aug 29-Sept 12, 2024. Ride Directors: Lucy & Randy Glover. Start Location: Ljubljana, Slovenia. Finish Location: Ljubljana, Slovenia Ride Rating: 2B!
- Eastern Swiss Lakes Sept 14-28,2024. Ride Directors: Lucy & Randy Glover. Start Location: Dubendorf, Switzerland. Finish Location: Dubendorf, Switzerland. Ride Rating: 1A!

RIDES WITH SPACE AVAILABLE

- CA Coast: Santa Barbara to San Diego May 7, 2023 - May 16, 2023 2B
- Tuscany: From Sun to Sea May 15, 2023 - May 27, 2023 2B
- Netherlands: Cycling the Green Heart and Hanseatic Towns May 17, 2023 - May 29, 2023 1B
- The Best of the New York Finger Lakes May 27, 2023 - Jun 9, 2023 2B
- Rescheduled Noto Peninsula and the Japan Alps May 28, 2023 - Jun 8, 2023 2B
- Rescheduled West of England 2023 Jun 4, 2023 - Jun 17, 2023 2B
- Salzburg to Innsbruck Bike & Hike Aug 29, 2023 - Sep 12, 2023 2B
- Green Spain and Picos de Europa 2023 Sep 2, 2023 - Sep 17, 2023 3B
- Andalucia and White Villages Apr 20, 2024 - May 5, 2024 3B All members welcome, no longer just for tandem riders.

- Camino del Cid 2024 May 11, 2024 - May 30, 2024 4C
- Circumnavigate the Lake of Shining Waters-Lake Ontario May 25, 2024 - Jun 8, 2024 1B
- Northern Spain 2024: Rio Ebro, La Rioja & Basque Country Jun -22, 2024 3B
- Islands of the Pacific Northwest Jun 22, 2024 - Jul 5, 2024 2B
- Prague to Budapest a Historic Ride through 4 Countries Aug 18, 2024 - Sep 6, 2024 3B
- The "Other" Netherlands: North Brabant Friesland Aug 21, 2024 - Sep 2, 2024 1B
- Empire State Trail, part 1 - Erie Canal Heritage Trail Sep 4, 2024 - Sep 14, 2024 1B
- Salzburg Double Loop - Seven Lakes Sep 10, 2024 - Sep 26, 2024 2B
- Empire State Trail, part 2- NYC to Quebec City Sep 14, 2024 - Sep 29, 2024 1C

OBITUARY

Long time member Mike Kirk of Phoenix passed away on April 11, 2023. He and his wife Nancy have been with BAC since 2006 and participated in over 20 BAC rides together. He will be missed by many.

MEMBERS CORNER

For Sale: 50 cm Miyata 21 speed Steel road bike, S&S couplings. Used by 5'0" woman around the world \$1,000. Newer hard case for \$300. See at Craigslist Richmond VA or email pullen_39@yahoo.com, or call/text (804)349-4140

For Sale: PARLEE CARBON ROAD BIKE, 52cm FRAME. Manufactured in 2013 with an original price of \$8000.00+. Sram Red electronic components, front 50/34, Rear 11/32. Handle bar FSA K-wing 400mm carbon. Wheel set ENVE 45 carbon. Bike weighs 16 lbs. including pedals. Asking \$2200.00 firm. Located in the Seattle area but will ship. Pictures available. Please contact Jim Taylor at j-taylor@comcast.net.

For Sale Co-Motion steel coupled tandem 1997 Made for 6'2"+_6" and 5'4"+_4" Campy shifters and derailleur, 3x8 Caliper brakes + drum SPD compatible pedals Fairfax, Va. Price \$2500. If interested call Charlie Dyer 703.507.2066

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Location is San Francisco East Bay Area Contact allen.hardy@gmail.com

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RIDE with GPS (RWGPS) club discount for BAC members extended! The 20% discount for BAC members on paid RWGPS memberships has been extended through the end of 2022 – use discount code `bacrocks2022`. RWGPS has 3 levels of membership: free, basic (\$50 per year), and premium (\$80 per year). Their website (<https://ridewithgps.com/help/compareplans>) compares the three levels of membership and provides explanations of the features included in each. BAC members with FREE RWGPS membership, while on a BAC tour, enjoy the enhanced features of subscription RWGPS membership. Purchasing a personal subscription

Hello BAC Members,

Welcome to the June 2023 BAC Monthly Update. On the first business day of each month, we'll

be sending you the latest BAC news.

VIEW FROM THE CHAIR (Marion Campbell) JUNE 2023

Following are excellent comments shared by Barb Rudolph, a fellow board member.

BAC MONTHLY UPDATE

JUNE 2023

Bicycle touring season is in full swing! Domestic and international tours are headed out weekly now until the end of October. Everyone wants and deserves to have a great time and experience while doing what they love: traveling-sightseeing, riding a bicycle, catching up with friends and making new friends. In an effort to guarantee a fantastic adventure for everyone, please take a few moments to review and reflect on the information below that outlines the BAC Standards of Member Conduct and Rider Responsibilities.

Standards of Member Conduct: BAC supports the concepts of tolerance, fairness, and acceptance of all members regardless of gender, ethnicity, religion, age, disability, color, creed, national origin, sexual preference or any other personal characteristics. BAC requires all members to treat others with respect, and to behave in a safe manner while on a ride. BAC does not accept harassment of any kind from any member. Membership may be terminated at any time for intolerant, unacceptable or unsafe behavior in violation of this section.

Rider Responsibilities:

Each rider brings his/her own bicycle or rents one suitable for the ride. The bicycle should be in good condition and each rider is responsible for performing his or her own bike maintenance as necessary.

- It is up to each participant to determine that he or she is able to do any ride for which they sign up. However, the ride leader makes the final determination as to who is accepted for each ride.
- RWGPS routes, maps and/or cue sheets are provided by the Ride Director. We do not ride as a group so the ability to read maps and cue sheets is essential. Riders start in

the morning at the time of their choosing and each rider is responsible for getting himself or herself to the next destination on their own, rain or shine.

- The luggage van is not a sag wagon, although it can be used for support in an emergency.
- Industry approved helmets are mandatory on all rides.
- Riders are expected to have a positive attitude, be congenial with other tour participants, be flexible in those cases where things don't quite turn out as expected and cooperate with the Ride Director and other riders in the course of the ride.
- Riders may be pre-approved to share driving of the luggage van or asked to host a social hour or otherwise contribute to the efficient conduct of the ride.
- Any participant whose conduct during the ride is unacceptable to the Ride Director may be asked by the Ride Director to leave the group.
- Participants undertake rides at their own risk. BAC and Ride Directors are not responsible for participants' possession or for any personal injury, death, property damage or other loss, whether arising from accident, cancellations, delay or any other reason.

Happy Riding!

NEW MEMBERS

- Ellen and Randy Price, Grand Junction, CO
- Joy Griffin, Oakboro, NC
- Janet Johnson, Springfield, VA
- Wendi Reuter-Lorenz, Windsor, VT
- Joann Johnson, Bellingham, WA
- Ellen Murphy, Chico, CA
- Jennifer Taylor, Durham, NC
- Anne Schonfield, Berkeley, CA
- Arlane Olson, Bellingham, WA
- Paula Figelski, Georgetown, MA

We are pleased to welcome these new BAC Members who have joined us in May 2023. If they

live near you give them a call.

TOURS

New Rides Posted. You can now sign-up for the following rides approved recently and announced in “New Ride Previews” on the BAC website homepage.

- New Zealand Canterbury & Otago Off Road 2024 Feb 16-Mar 1, 2024. Ride

Coordinator: Grant McAlister in coordination with NZ Bicycletours Ltd. Start Location: Christchurch, NZ. Finish Location: Christchurch, NZ. Ride Rating: 3B

- New Zealand Westland & Tasman Off Road 2024 Mar 6-20,2024 Ride Coordinator: Grant McAlister in coordination with NZ Bicycletours Ltd. Start Location: Christchurch, NZ. Finish Location: Christchurch, NZ. Ride Rating: 3B

- Mallorca 2024 Second Section May 18-June 1, 2024 Ride Director; Nelson Diaz. Start Location: Playa Palma Mallorca, Finish Location: Playa Palma Mallorca. Ride Rating: 2B!

- Not Just a Flat Netherlands - 3 Country Tour Sept 4-16, 2024 Ride Director: Margaret Slack Start Location: Maastricht, Netherlands Finish Location: Maastricht, Netherlands. Ride Rating: 2B

RIDES WITH SPACE AVAILABLE

- Rescheduled West of England 2023 Jun 4, 2023 - Jun 17, 2023 2B
- Green Spain and Picos de Europa 2023 Sep 2, 2023 - Sep 17, 2023 3B
- Andalusia and White Villages Apr 20, 2024 - May 5, 2024 3B All members welcome, no longer just for tandem riders.
- Camino del Cid 2024 May 11, 2024 - May 30, 2024 4C Space for female to share a room
- Circumnavigate the Lake of Shining Waters-Lake Ontario May 25, 2024 - Jun 8, 2024 1B
- Northern Spain 2024: Rio Ebro, La Rioja & Basque Country Jun 6 - Jun 22, 2024 3B
Space for male to share a room
- Prague to Budapest a Historic Ride through 4 Countries Aug 18, 2024 - Sep 6, 2024 3B
- The “Other” Netherlands: North Brabant Friesland Aug 21, 2024 - Sep 2, 2024 1B
- Slovenia's Heart, Julian Alps Adriatic Coast Aug 29, 2024 - Sep 12, 2024 2B

- Empire State Trail, part 1 - Erie Canal Heritage Trail Sep 4, 2024 - Sep 14, 2024 1B
- Salzburg Double Loop - Seven Lakes Sep 10, 2024 - Sep 26, 2024 2B
- Empire State Trail, part 2- NYC to Quebec City Sep 14, 2024 - Sep 29, 2024 1C
- Seine à Vélo and Hidden Normandy 2024 Sep 16, 2024 - Oct 3, 2024 2B

OBITUARY

Long time member Bob Bachtel, Livermore, CA passed away on May 3rd, 2023. He and his wife Pat Wai have been BAC members since 2014 and participated in over 12 BAC rides together. He will be missed by many.

MEMBERS CORNER

For Sale: 50 cm Miyata 21 speed Steel road bike, S&S couplings. Used by 5'0" woman around the world \$1,000. Newer hard case for \$300. See at Craigslist Richmond VA or email pullen_39@yahoo.com, or call/text (804)349-4140

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Hello BAC Members,

Welcome to the July 2023 BAC Monthly Update. On the first business day of each month, we'll

be sending you the latest BAC news.

VIEW FROM THE CHAIR (Marion Campbell) JULY 2023

Have you ever stopped and asked yourself, "What makes BAC tours different from other bike trips?" Of course, there are many answers to that question! But the one that stands out for me is the fact that our club was founded on the principle of "Friends Leading Friends." The tour leaders are members of the club who offer to take a group on a memorable bike trip. To facilitate this, the leaders have organized hotels, routes, happy hours, luggage transport and lots of other elements of the tour. These elements set the stage for fun and enjoyment. However, as the old

BAC MONTHLY UPDATE

JULY 2023

saying goes, "You get back what you put into it." On successful tours participants are rewarded with many new friends if they show courtesy, respect, and kindness to others in the group. And of course, follow the requests of the leader.

On your next tour I hope you can make many new friends and have lots of fun doing it!

SINGLES LOOKING FOR ROOMMATES (New Section)

Members, if you are signed up or trying to get on a bike tour and you are looking for a roommate you can send in a note to me at the office and let me know and I will include your request in this section of the newsletter each month. Also Leaders, if you have someone on your ride looking for a roommate drop me a note to include here.

If a roommate has been found, let me know so the notice can be removed.

Note to get it in the monthly update I will need to receive the notice prior to the first business day of each month.

Camino del Cid 2024 May 11-30, 2024. Space for female to share a room.

Contact leader Karen Hass karenbikes2@gmail.com

Prague to Budapest a Historic Ride through 4 Countries. Aug 18-Sept 6, 2024. Space for

male to share room or single solo rider.

Contact leader Warner Griswold jwarner-griswold@att.net

Updating BAC's Ride Leader Policies

BAC's "Ride Leader Policies and Guidelines", or RLPG, describes the process for all aspects of leading or coordinating a club ride; such as tour planning, allowed costs, working with commercial tour operators, and the steps to developing a successful BAC tour. As one might imagine, this document is very helpful to ride leaders and also helps to ensure that club members know what to expect when they sign up for a BAC ride.

The RLPG is updated, as needed, to address new issues. BAC tours are very diverse; we have international and domestic tours. Within those categories are fixed-base, semi-roaming, and roaming tours. Additionally, international tours may involve a commercial bike tour company. In 2022 it became apparent that guidance was needed regarding allowable expenses for ride leaders, ride coordinators, and support drivers. Leadership support expenses necessarily vary between tour types. The BAC Board has been working with a committee of ride leaders to define reasonable and fair reimbursements for leadership team costs.

The RLPG update is currently being reviewed by the Board and should be available in late July.

NEW MEMBERS

We are pleased to welcome these new BAC Members who have joined us in June 2023. If they live near you give them a call.

Dawn Hartstock, Seaside, CA

John Favreau, Ocala, FL

John and Susan Wallace, Dothan, AL

Russ Gates, Aurora, CO

Marianne Waugh, Petaluma, CA

Alan Shepardson, Canandaigua, NY

Connie Miller, Colorado Springs, CO

Dan Weinberg, Healdsburg, CA

Bob Miller, Lynnfield, MA

Karen Morris and Don Allred, Colorado Springs, CO

Judith Brotherton, Townsend, GA

Laura Hanssen and Dan Walsh, Carbondale, CO

Carol van Maris and Scott Doyle, Huntsville, ON

Kristen Scheller, Walnut Creek, CA

Christopher Richards, Walnut Creek, CA

Larry and Cheryl Oreglia, Campbell, CA

Paul McKeown, Pittsburgh, PA

Kimberly Freitas, Redwood City, CA

TOURS

New Rides Posted. You can now sign-up for the following rides approved recently and announced in "New Ride Previews" on the BAC website homepage.

- Fall Colors of Carbondale, CO Aug 27-Sept 4, 2023. Ride Directors: Huey Hurst and Twain Berg. Start Location: Carbondale, CO. Finish Location: Carbondale, CO. Ride Rating: 3C,
- Tucson Spring Warm-up Mar 21-28, 2024. Ride Directors: Albert Meerscheidt & Start Location: Tucson, AZ. Finish Location: Tucson, AZ. Ride Rating: 2B!
- Puglia 2024 - Land of History, Scenery, Beaches April 19-May 4, 2024. Ride Coordinator: Alma Worthington in conjunction with Hike & Bike Italy. Start Location: Matera, Italy. Finish Location: Lecce, Italy. Ride Rating: 1B!
- Southern Portugal 2024 Oct 4-20, 2024. Ride Coordinator: Sue Bunten in coordination with Sitnica. Start Location: Evora, Portugal. Finish Location: Tavira, Portugal. Ride Rating: 3B.

RIDES WITH SPACE AVAILABLE

- Green Spain and Picos de Europa 2023 Sep 2, 2023 - Sep 17, 2023 3B
- New Zealand Canterbury & Otago Off Road 2024 Feb 16, 2024 - Mar 1, 2024 3B
- New Zealand Westland & Tasman Off Road 2024 Mar 6, 2024 - Mar 20, 2024 3B

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- Historic Croatia Island Tour May 13, 2024 - Jun 1, 2024 3B
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- Prague to Budapest a Historic Ride through 4 Countries Aug 18, 2024 - Sep 6, 2024 3B
Space for male to share room or solo rider
- The "Other" Netherlands: North Brabant Friesland Aug 21, 2024 - Sep 2, 2024 1B
- Slovenia's Heart, Julian Alps Adriatic Coast Aug 29, 2024 - Sep 12, 2024 2B
- Châteaux of the Loire Valley 2024, Section 1 Sep 1, 2024 - Sep 13, 2024 1B
- Empire State Trail, part 1 - Erie Canal Heritage Trail Sep 4, 2024 - Sep 14, 2024 1B
- Not Just a Flat Netherlands - 3 Country Tour Sep 4, 2024 - Sep 16, 2024 2A
- Salzburg Double Loop - Seven Lakes Sep 10, 2024 - Sep 26, 2024 2B
- Empire State Trail, part 2- NYC to Quebec City Sep 14, 2024 - Sep 29, 2024 1C

PAST RIDE HISTORY

In response to member requests, all logged-in club members will now be able to see the Past Ride History of any other club member. We hope that this new feature will bring us closer together as cycling tourers and friends.

MEMBERS CORNER

For Sale: 50 cm Miyata 21 speed Steel road bike, S&S couplings. Used by 5'0" woman around the world \$1,000. Newer hard case for \$300. See at Craigslist Richmond VA or email pullen_39@yahoo.com, or call/text (804)349-4140

For Sale: PARLEE CARBON ROAD BIKE, 52cm FRAME. Manufactured in 2013 with an original price of \$8000.00+. Sram Red electronic components, front 50/34, Rear 11/32. Handle bar FSA K-wing 400mm carbon. Wheel set ENVE 45 carbon. Bike weighs 16 lbs. including pedals. Asking \$2200.00 firm. Located in the Seattle area but will ship. Pictures

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RIDE with GPS (RWGPS) club discount for BAC members extended! The 20% discount for BAC members on paid RWGPS memberships has been extended through the end of 2023 – use discount code `bacrocks2023`. RWGPS has 3 levels of membership: free, basic (\$50 per year), and premium (\$80 per year). Their website (<https://ridewithgps.com/help/compareplans>) compares the three levels of membership and provides explanations of the features included in each. BAC members with FREE RWGPS membership, while on a BAC tour, enjoy the enhanced features of subscription RWGPS membership. Purchasing a personal subscription will provide the enhanced features on all your rides.

Hello BAC Members,

Welcome to the Aug 2023 BAC Monthly Update. On the first business day of each month, we'll

be sending you the latest BAC news.

VIEW FROM THE CHAIR (Marion Campbell) AUGUST 2023

Once again, I marvel at the willingness of our members to give back to this amazing club. Over the course of the spring and into the summer seven volunteer ride leaders worked closely with Glenn Rudolph (Ride Review Director) and the BAC Board of Directors to review and modify changes to the BAC Ride Leader Policy and Guidelines (RLP&G) that the Board approved in principle in January 2023. Thank you very much Bridgette Deshields, Randy Glover, Albert

BAC MONTHLY UPDATE

AUGUST 2023

Balingit, Lucy Glover, Warner Griswold, Julie Leever, Steve Saxe, and Glenn for your hard work and for giving your time to take this on.

The RLP&G helps ride leaders develop successful bike tours for BAC members. The document provides guidance for tour planning, description, administration, and budget development in order to provide a consistently excellent experience for all. The Board, in conjunction with Glenn and the volunteers I mentioned, worked to modify revisions proposed in two areas of the RLP&G: ride leader budget/expenses and management of health and safety.

The revisions regarding ride leader expenses and scouting expenses provide ride leaders with specific parameters to use when budgeting and expensing a tour. These changes will take effect for all tours proposed for 2025 and later.

Revisions were also approved to replace COVID guidelines with a new Health and Safety policy and guidelines. This gives broad guidance to help ride leaders insure a safe and healthy tour.

These health and safety related changes take effect for all tours proposed on or after August 1, 2023. I particularly want to recognize the contributions of Bridgette Deshields. As Chair of the Health and Safety committee, Bridgette has done a tremendous job in guiding the club through the very difficult COVID times.

POLICY CHANGES

Revisions to the RLP&G were “approved in principle” at the January Board of Directors meeting and published in the February BAC Newsletter. After feedback from a number of ride leaders, an open forum was held in February led by Glenn Rudolph. Following the forum, a ride leader committee was formed to make recommendations to the Board that reflected the feedback from participating ride leaders.

The Board of Directors accepted the recommendations from the committee. After changing the effective date to be for all 2025 tours rather than a certain date, the Board, at the July meeting, unanimously approved an updated RLP&G.

Ride leaders and all members are encouraged to review the following documents on the BAC documents page for details of the changes:

- Ride Leader Policy and Guidelines Approved July 20, 2023: (especially page 20). The changes highlighted will take effect immediately.
- Ride Leader Policy and Guidelines Approved July 20, 2023 for Tours beginning in 2025 and Later (especially pages 42-43). These changes will take effect for all tours in 2025 and later. Please contact Kate Faulkner (kerfaulkner@gmail.com), policy committee chair, with any questions.

NEW MEMBERS

We are pleased to welcome these new BAC Members who have joined us in July 2023. If they live near you give them a call.

Jonathan Uder, San Luis Obispo, CA

Joy Martino, Hendersonville, NV

Carlos Alcala, Sacramento, CA

Jeannette Kortz, Richmond, CA

Betsy Wisch, Stow, MA

Christine Skelly, Farmington, CT

Susan Stanton, Castro Valley, CA

Curt Young, Windsor, CA

Chris and Patricia Aubel, Edwards, CO

David Brittain, Milwaukee, WI

Elizabeth Elder, Denver, CO

Susan Drubin, Derwood, MD

Daniel Fritz, El Cerrito, CA

Bob and Krista Happ, Indialantic, FL

Sylvia Malthouse, Ladysmith, BC

Sherri and Gil Bates, Long Beach, CA

Martha and Larry Shea, Janesville, WI

Gordon Jones, Calgary, AB

TOURS

New Rides Posted. You can now sign-up for the following rides approved recently and announced in “New Ride Previews” on the BAC website homepage.

- St. John’s Loop, St. Augustine, FL March 18-26, 2024. Ride Directors: Mark Copher & Robyn Saur. Start Location: St. Augustine, FL. Finish Location: St. Augustine, FL. Ride Rating: 1B!
- Solvang in Spring – 2024 April 7-13, 2024. Ride Directors: Dianne Olsen & George Ellis. Start Location: Solvang, CA. Finish Location: Solvang, CA. Ride Rating: 2B!
- Paso Robles Ramble 2024 April 14-20, 2024. Ride Directors: Richard & Marianne Reinecke. Start Location: Paso Robles, CA. Finish Location: Paso Robles, CA. Ride Rating: 3B!
- Cape Cod and the Islands Sept 4-19, 2024. Ride Director: Albert Balingit. Start Location: Yarmouth, MA. Finish Location: Provincetown, MA. Ride Rating: 1A
- Pittsburgh to DC: The GAP and CO Trails Sept 23-Oct 6, 2024. Ride Director: Albert Balingit. Start Location: Pittsburgh, PA. Finish Location: Washington, DC. Ride Rating: 1C!

RIDES WITH SPACE AVAILABLE

- Green Spain and Picos de Europa 2023 Sep 2, 2023 - Sep 17, 2023 3B
- Fall Colors of Carbondale, CO Sep 27, 2023 - Oct 4, 2023 3C
- New Zealand Canterbury & Otago Off Road 2024 Feb 16, 2024 - Mar 1, 2024 3B

- New Zealand Westland & Tasman Off Road 2024 Mar 6, 2024 - Mar 20, 2024 3B
- Tucson Spring Warm-up Mar 21, 2024 - Mar 28, 2024 2B
- Puglia 2024 - Land of History, Scenery, Beaches Apr 19, 2024 - May 4, 2024 1B
- Andalucia and White Villages Apr 20, 2024 - May 5, 2024 3B
- Camino del Cid 2024 May 11, 2024 - May 30, 2024 4C Space for female to share room
- Prague to Budapest a Historic Ride through 4 Countries Aug 18, 2024 - Sep 6, 2024 3B
Space for male to share room or single solo
- The "Other" Netherlands: North Brabant Friesland Aug 21, 2024 - Sep 2, 2024 1B
- Empire State Trail, part 1 - Erie Canal Heritage Trail Sep 4, 2024 - Sep 14, 2024 1B
- Not Just a Flat Netherlands - 3 Country Tour Sep 4, 2024 - Sep 16, 2024 2A
- Salzburg Double Loop - Seven Lakes Sep 10, 2024 - Sep 26, 2024 2B
- Empire State Trail, part 2- NYC to Quebec City Sep 14, 2024 - Sep 29, 2024 1C

SINGLES LOOKING FOR ROOMMATES (New Section)

Members, if you are signed up or trying to get on a bike tour and you are looking for a roommate you can send in a note to me at the office and let me know and I will include your request in this section of the newsletter each month. Also Leaders, if you have someone on your ride looking for a roommate drop me a note to include here.

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Camino del Cid 2024 May 11-30, 2024. Space for female to share a room.

Contact leader Karen Hass karenbikes2@gmail.com

Prague to Budapest a Historic Ride through 4 Countries. Aug 18-Sept 6, 2024. Space for male to share room or single solo rider.

Contact leader Warner Griswold jwarner-griswold@att.net

MEMBERS CORNER

For Sale: 50 cm Miyata 21 speed Steel road bike, S&S couplings. Used by 5'0" woman around the world \$1,000. Newer hard case for \$300. See at Craigslist Richmond VA or email pullen_39@yahoo.com, or call/text (804)349-4140

For Sale: PARLEE CARBON ROAD BIKE, 52cm FRAME. Manufactured in 2013 with an original price of \$8000.00+. Sram Red electronic components, front 50/34, Rear 11/32. Handle bar FSA K-wing 400mm carbon. Wheel set ENVE 45 carbon. Bike weighs 16 lbs. including pedals. Asking \$2200.00 firm. Located in the Seattle area but will ship. Pictures available. Please contact Jim Taylor at j-taylor@comcast.net.

For Sale Co-Motion steel coupled tandem 1997 Made for 6'2"+_6" and 5'4"+_4" Campy shifters and derailleur, 3x8 Caliper brakes + drum SPD compatible pedals Fairfax, Va. Price \$2500. If interested call Charlie Dyer 703.507.2066

For Sale GIANT LIV Sedona Like new Perfect for all-around cycling. Disc brakes, Step thru aluminum frame, Frame and fork suspension, 26" Wheel Size, Includes Cat Eye computer; kick stand; mirror. Contact Gary Finke: Voice or text 520-490-3997 or garyfinke@pobox.com

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VIEW FROM THE CHAIR (Marion Campbell) SEPTEMBER 2023

Many of you have already been on a bike tour this year or are looking forward to one coming up soon. My wife, Alice, and I are starting a tour in Spain in a few days. The weather in Houston has been stressful with no rain and 100+ degree days for two months now. So we are really looking forward to some cool air and a few hills.

Recently I have gotten a few questions on the financial health of BAC. Our club is in good shape after taking a hit after COVID caused many rides not to run over a one-to-two-year period. We are tracking on budget for the year that will put us a reserve of around \$300K at the end of the year. This compares to about \$330 pre COVID. Ernie Coose, board member, and treasurer is largely responsible for this. He was able to suspend the tour insurance for overseas trips during the period that these were on hold due to COVID, invest money for upcoming tours in FDIC

BAC MONTHLY UPDATE

SEPTEMBER 2023

insured CD's, and get an employee retention payment from the US government. Thank you Ernie for these actions that have allowed BAC to maintain the membership and tour fees through difficult times. Keeping cost down and value up will continue to be our goal!

NEW MEMBERS

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Lori Armstrong, Ann Arbor, MI

Bonnie Berg, Sun City West, AZ

Sandra LaFontaine, Shoreline, WA

Gary and Yvette Blount, Novato, CA

Susan Fletcher and Theresa Frazer, Seattle, WA

Nancy Rutstein, Seattle, WA

Ann Judd, Seattle, WA

Russell Ball, Charleston, SC

Jennifer Wallace, Ventura, CA

Diane Stein, Oxnard, CA

Pandu Rudraraju, Scotts Valley, CA

Sharon Bergren, Eureka, MT

Kate black, Santa Rosa, CA

Watson Ronald, Seattle, WA

Stuart Dunwoody, Seattle, WA

Thomas Seidewand, Sterling, VA

Debbie Cihak, Glenwood Springs, CO

Karen Holmes, Sumner, MI

Bruce Bayle, Fletcher, NC

James Connerty, Bonita Springs, FL

Diana Ayers, Dallas, TX

TOURS

New Rides Posted. You can now sign-up for the following rides approved recently and announced in "New Ride Previews" on the BAC website homepage.

- A Taste of Texas April 22-29, 2024. Ride Directors: Becky and Charlie Hettinger. Start Location: Fredericksburg Texas. Finish Location: Fredericksburg Texas. Ride Rating: 2B
- OTET- Cincinnati to Cleveland, Ohio rail trail June 17-26, 2024. Ride Directors: Robyn Saur & Mark Copher. Start Location: Cincinnati, Ohio. Finish Location: Cleveland, Ohio. Ride Rating: 1B!
- Canadian Rockies and Undiscovered Foothills July 15-28, 2024. Ride Directors: Joan Bricker and Gordon Jones. Start Location: Calgary, AB, Canada. Finish Location: Calgary, AB, Canada. Ride Rating: 3B!
- Appalachian Blue Ridge 2024 Sept 23-Oct 3, 2024. Ride Directors: Julie Leever and Robert Becker. Start Location: Asheville, NC. Finish Location: Asheville, NC. Ride Rating: 4B!

- Blue Wall of the Carolinas 2024 Oct 6-18, 2024. Ride Directors: Julie Leever and Robert Becker. Start Location: Asheville, NC. Finish Location: Asheville, NC. Ride Rating: 3B!

RIDES WITH SPACE AVAILABLE

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- Fall Colors of Carbondale, CO Sep 27, 2023 - Oct 4, 2023 3C
- New Zealand Canterbury & Otago Off Road 2024 Feb 16, 2024 - Mar 1, 2024 3B Space for male to share room
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ARE YOU INTERESTED?

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Contact leader Karen Hass karenbikes2@gmail.com

Prague to Budapest a Historic Ride through 4 Countries. Aug 18-Sept 6, 2024. Space for male to share room or single solo rider.

Contact leader Warner Griswold jwarner-griswold@att.net

New Zealand Canterbury & Otago Off Road 2024 Feb 16 - March 1, 2024 and

New Zealand Westland & Tasman Off Road 2024 March 6-20, 2024

Space for male to share a room. Contact leader Grant McAlister gmcAlister@gmail.com

MEMBERS CORNER

For Sale: NorWester Co-Motion 21 speed steel road bike with S&S couplings. It is size 50.7, since it was a custom bike. \$1000 Please contact lag7.goetsch@gmail.com or call/text 206-300-8898 Bike is located in Seattle.

For Sale: Light Speed 52 cm titanium road bike. \$1200 Please contact lag7.goetsch@gmail.com or call/text 206-300-8898 Bike is located in Seattle.

For Sale Many bikes from 1990s on up - Includes Nobilette bikes, tandems, Motobecane, Bianchi - most measure about 50-54 cm. Some very old bikes - Schwinn - many tools

This is part of estate by an avid biker. Location Ann Arbor. No special sale date - will text pictures. Email Debby - dcaplan2@gmail.com

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Hello BAC Members,

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we'll be sending you the latest BAC news.

VIEW FROM THE CHAIR (Marion Campbell) OCTOBER 2023

I just returned from a challenging and enjoyable "CAT" tour, Green Spain and Picos de Europa. We had two great tour leaders, Grant McAlister (BAC) and Simone Proffitt (Iberocycle). Many members may not know what CAT stands for in BAC language. It is a Commercially Assisted Tour. The founders of BAC probably didn't have this approach in mind, and to the best of my knowledge, originally all rides were "self-directed" by club members. At some point it was recognized that partnering with a tour company outside the US could have advantages. These companies can bring in leaders with local knowledge of their country and language, as well as experience with routes and logistics. However, BAC requires their own participation in leadership of the tour to preserve our fundamentals such as happy hours and social interaction to encourage friendships. The tour company has cost advantages like a single point contact with BAC rather than dealing with every participant on the tour. Their costs are also minimized by supplying more limited support on the tour, in line with the BAC standards. These savings are

BAC MONTHLY UPDATE

OCTOBER 2023

passed along in a contract with BAC. All in all, this is a win-win, that provides BAC members the opportunity to participate in outstanding low cost/high value tours.

CALL FOR BAC BOARD NOMINATIONS

Nominations to the BAC 2024 Board of Directors are being accepted through October 31, 2023.

One vacancy needs to be filled – Marion Campbell's term is coming to an end.

The term of office for any new Board members will be three years. As set out in Section 3.1 of the Bylaws, a Board member must be a club member for at least two years prior to his/her assumption of office and must be a club member throughout his/her tenure as a Board Member. The club's Board Policies are available on the BAC website under "Docs", (Board Governance Policies). They outline the Board Job Description; the characteristics, qualities and perspectives

sought in Board members; the roles of Officers of the corporation; and existing committees and their responsibilities.

Desirable skills include:

- Strong computer skills including email, web browser, and word/excel
- Ability to work with others
- Project Management Experience

If you want to know more about serving on the Board, feel free to contact a member of the Nominating Committee: Barbara Rudolph (rudolph.barb@gmail.com), Grant McAlister (gmcalister@gmail.com) Joan Feerick (jfeerick1@gmail.com) or Tom Leever (tmleever@gmail.com). If you know of someone who you think will make a good Board member, please contact the BAC office (office@bicycleadventureclub.org or 858-715-9510) or one of the Nominating Committee members who in turn will get in touch with the individual. If you are interested in serving on the Board, please contact the office to determine what information needs to be submitted to support the Nominating Committee's decision-making process.

By the end of November, the Board will determine which candidates it will nominate for election to the Board. The number of nominees will equal the number of positions the Board plans to fill. These nominees will be announced to the membership in the December 2023 Monthly Update. If there are any other members who wish to be nominated directly by the membership, they will have until January 14, 2024, to submit a petition with the signatures of two percent of the membership (approximately 35 signatures). Between January 2, 2024, and February 2, 2024 proxies will be sought for all the nominated candidates. These proxies will be exercised by the Board Chair at the Annual General Meeting.

NEW MEMBERS

Joseph Gawel, Long Beach, CA

Robert Efron, West Hartford, CT

Bill Brier, Fremont, CA

Rod Evans, Cupertino, CA

Emanuel Bloom, Berkeley, CA

Mike Pullin, Hereford, Herefordshire

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TOURS

New Rides Posted. You can now sign-up for the following rides approved recently and announced in "New Ride Previews" on the BAC website homepage.

- BikeHike Turkey-Aegean Coast from Istanbul to Cappadocia Sept 5-18, 2024. Ride Coordinator Pam Kelly in conjunction with We Adventure Ltd. Start Location: Istanbul, Turkey (IST) Finish Location: Cappadocia, Turkey (NAV) Ride Rating: 4B!

NEW RIDE LEADER

Pamela Kelly; BikeHike Turkey-Aegean Coast from Istanbul to Cappadocia Sept 2024

I live in Tampa, Florida and Maine (during the hot months). I joined BAC in 2015 and my first trip was Barns and Bridges in Pennsylvania. Even though I broke my hip on that ride, I wasn't sure that it was broken and stayed a few days longer until the tour ended (before going home to have a total hip replacement). The ride leaders were absolutely fantastic, and I was immediately sold on BAC. Since then, I have gone out of the country 5-6 times a year for group rides with BAC and other groups. I have led private bike tours in the USA for friend groups as well. I teach at a medical school and retired in 2020 during COVID. I got reeled back into the same job again in February 2022 and have been working since. Soon that will end, for a final time, and I will be a full-time biker!

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- New Zealand Westland & Tasman Off Road 2024 Mar 6, 2024 - Mar 20, 2024 3B
- St. John's Loop, St. Augustine, FL Mar 18, 2024 - Mar 26, 2024 1B
- Solvang in Spring – 2024 Apr 7, 2024 - Apr 13, 2024 2B
- Andalucia and White Villages Apr 20 - May 5, 2024 3B Space for female to share room

- A Taste of Texas Apr 22, 2024 - Apr 29, 2024 2B
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New Zealand Are you interested in riding in New Zealand in 2025? Grant McAlister would like input on the types of rides that members would like for BAC to do in NZ for 2025. Please either email gmcaster@gmail.com with suggestions or fill in this google form. The 2024 NZ tours are happening and still have space.

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Andalucia and White Villages April 20-May 3, 2024. Space for female to share a room.

This tour is a go, the new minimum has been met. Contact leader Claude Monnier

cgmshop15@gmail.com or Smith Doss DossMonnier@gmail.com if interested.

Camino del Cid 2024 May 11-30, 2024. Space for male to share a room.

Contact leader Karen Hass karenbikes2@gmail.com

MEMBERS CORNER

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VIEW FROM THE CHAIR (Suggested by Julie Leever and written by Joan Feerick) NOVEMBER 2023

It seems only fitting that in the month when we celebrate our thankfulness (by overeating and falling asleep watching football) we give thanks to a very special group of people – our first-time ride leaders in 2023. So here goes... hats off to these awesome people:

- Gary Clifton, an experienced tour driver, graduated to ride co-director (with ride director Warner Griswold) for a first-time-offered Hike and Bike tour of Death Valley. He also co-directed (with Warner) the Innsbruck to Venice tour through high alpine meadows, across the dramatic Dolomites and on to olive and wine country in Italy.
- Robyn Saur and Mark Copher developed a brand-new tour in eastern Florida, the St. John's Loop where riders experienced Old Florida's historic places, natural springs, unspoiled parks, quiet rivers, and small towns.
- Maria and Doug Nelson directed their first tour to the Islands of the Pacific NW in June that included sparkling waters and rocky shorelines, aromatic forests, wonderful local seafood. Then, just 3 months later, they directed a central Oregon tour featuring stunning scenery and micro-breweries galore.
- Sylvia Williamson joined ride director Clarice Sackett to co-direct the Selkirk Loop through the spectacular scenery of Washington, British Columbia, and Idaho.
- Mark Janer and Christine Bartlett took their riders on a "Rocky Mountain high" out of Glenwood Springs, CO through the Historic Roaring Fork Valley.
- Hilary and Jeff Warner took riders to their home state to explore the gravel roads and hills of Vermont on a tour they developed – something completely new (and unique - riders had the option to visit the Bread and Puppet Museum and ride on the Local Motion Bike Ferry!).
- Frank Hanson and Linda Kimball showed their riders the unique culture (fish boil!)

and scenery of the “left thumb” of Wisconsin and the shoreline of Lake Michigan on their Ride Wisconsin – Door County tour; a tour they developed.

- Roxan Kraft coordinated two tours that traversed Spain from the coastal town of Tarifa, through Madrid, across the Meseta Central, over the Pyrenees, and to the Bay of Biscay.
- Wayne Lumsden (co-director) paired with Warner Griswold (tour director) to lead riders from the Headwaters of the Rhine to the North Sea and from the Headwaters of the Rhone to the Mediterranean where riders sampled drink and culinary treasures and passed by UNESCO world heritage sites, castles, cathedrals, and mountains.

Thank you, first time ride leaders, for your countless hours of planning, your sense of adventure, and your kindness, warmth and friendship offered to the riders on your tours.

NEW MEMBERS

We are pleased to welcome these new BAC Members who have joined us in Oct. 2023. If they live near you give them a call.

Dan Wells, Lexington, KY

Nancy Place, Winthrop, WA

Jeffrey and Staci Gigliotti, Georgetown, TX

Richard Fern, Lexington, KY

Michael Francisco, Seattle, WA

Loretta Wolfe, Reno, NV

Kristine and John Bokelmann, Reno, NV

Jan and Kurt Andersen, Oro Valley, AZ

Allen Forbes, Carson City, NV

John Holt, Ft Myers, FL

Stella Ugboma, Zanesville, OH

Kathie Fuller and Jeff Traicoff, Highlands, NC

Doug and Laurie Bauer, Sebastopol, CA

Mary Debilzen, Rhinelander, WI

Nan R, Redding, CA

Fred Hughes, Calgary, AB

Coral Lisa Woods, Mars Hill, NC

Lori Wilson, Corvallis, OR

Tracy Arras, Monmouth, OR

Kelli Cripe, Corvallis, OR

Mary Shaw, Coeur Dalene, ID

Marianne Curtis, Centennial, CO

TOURS

New Rides Posted. You can now sign-up for the following rides approved recently and announced in “New Ride Previews” on the BAC website homepage.

No new rides have been approved this month. Check back next month.

RIDES WITH SPACE AVAILABLE

- New Zealand Canterbury & Otago Off Road 2024 Feb 16, 2024 - Mar 1, 2024 3B
- New Zealand Westland & Tasman Off Road 2024 Mar 6, 2024 - Mar 20, 2024 3B
- St. John’s Loop, St. Augustine, FL Mar 18, 2024 - Mar 26, 2024 1B Space for female to share room
- Tucson Spring Warm-up Mar 21, 2024 - Mar 28, 2024 2B Space for female to share room
- Solvang in Spring – 2024 Apr 7, 2024 - Apr 13, 2024 2B
- Andalucia and White Villages Apr 20, 2024 - May 5, 2024 3B Space for female to share room
- A Taste of Texas Apr 22, 2024 - Apr 29, 2024 2B
- Camino del Cid 2024 May 11, 2024 - May 30, 2024 3B Space for female to share room
- The “Other” Netherlands: North Brabant Friesland Aug 21, 2024 - Sep 2, 2024 1B
- Châteaux of the Loire Valley 2024, Section 1 Sep 1, 2024 - Sep 13, 2024 1B
- BikeHike Turkey-Aegean Coast from Istanbul to Cappadocia Sep 5 - Sep 18, 2024 4B
- Salzburg Double Loop - Seven Lakes Sep 10, 2024 - Sep 26, 2024 2B
- Empire State Trail, part 2- NYC to Quebec City Sep 14, 2024 - Sep 29, 2024 1C
- Pittsburgh to DC: The GAP and CO Trails Sep 23, 2024 - Oct 6, 2024 1C

- Appalachian Blue Ridge 2024 Sep 23, 2024 - Oct 3, 2024 4B
- Blue Wall of the Carolinas 2024 Oct 6, 2024 - Oct 18, 2024 3B

ARE YOU INTERESTED?

We are considering planning 2 tours for Spring, 2025: The Dordogne, Perigord and Gorges, and Lakes & Mountains of Haute Savoie. We will begin planning the tours this month. The cost of the tours will not be known until Spring. Both tours have been led before. You can see the complete description, ride survey and tripper for the last time The Dordogne, Perigord and Gorges was run at <https://www.bicycleadventureclub.org/html/rides/?action=ride&rideid=1378> . The previous Lakes & Mountains of Haute Savoie web page is at <https://www.bicycleadventureclub.org/html/rides/?action=ride&rideid=835>. Please send an email to Lucy Glover at lucy.glover49@gmail.com if you are interested in going on either tour.

SINGLES LOOKING FOR ROOMATES

Members, if you are signed up or trying to get on a bike tour and you are looking for a roommate you can send in a note to me at the office and let me know and I will include your request in this section of the newsletter each month.

Leaders, if you have someone on your ride looking for a roommate drop me a note to include here.

If a roommate has been found, let me know so the notice can be removed.

Note to get it in the monthly update I will need to receive the notice prior to the first business day of each month.

Tucson Spring Warm-up Mar 21, 2024 - Mar 28, 2024 2B Space for female to share room.

Contact leader Albert albert.meerscheidt@gmail.com

Andalucia and White Villages April 20-May 3, 2024. Space for female to share a room.

This tour is a go, the new minimum has been met. Contact leader Claude

Monnier cgmshop15@gmail.com or Smith Doss DossMonnier@gmail.com if interested.

Camino del Cid 2024 May 11-30, 2024. Space for male to share a room.

Contact leader Karen Hass karenbikes2@gmail.com

MEMBERS CORNER

For Sale: NorWester Co-Motion 21 speed steel road bike with S&S couplings. It is size 50.7, since it was a custom bike. \$1000 Please contact lag7.goetsch@gmail.com or call/text 206-300-8898 Bike is located in Seattle.

For Sale GIANT LIV Sedona Like new Perfect for all-around cycling. Disc brakes, Step thru aluminum frame, Frame and fork suspension, 26" Wheel Size, Includes Cat Eye computer; kick stand; mirror. \$450. Contact Gary Finke: Voice or text 520-490-3997 or garyfinke@pobox.com

RIDE with GPS (RWGPS) club discount for BAC members extended! The 20% discount for BAC members on paid RWGPS memberships has been extended through the end of 2023 – use discount code bacrocks2023. RWGPS has 3 levels of membership: free, basic (\$50 per year), and premium (\$80 per year). Their website (<https://ridewithgps.com/help/compare-plans>) compares the three levels of membership and provides explanations of the features included in each. BAC members with FREE RWGPS membership, while on a BAC tour, enjoy the enhanced features of subscription RWGPS membership. Purchasing a personal subscription will provide the enhanced features on all your rides

Hello BAC Members,

Welcome to the December 2023 BAC Monthly Update. On the first business day of each month,

we'll be sending you the latest BAC news.

VIEW FROM THE CHAIR (Marion Campbell) DECEMBER 2023

Happy Holidays to All!! As we enter this season of thanks and giving, I would like to say thanks to each of you for making BAC an outstanding club where friends can get together to go on biking adventures.

Members are always up for a challenge and possess the cycling skills to safely climb hills, negotiate routes, and then have a fun time at happy hour. Ride leaders, the heart of our club, work many hours to put together the tours, and then coordinate and lead groups through amazing adventures. Then there are the volunteers who serve on the board of directors. Members of the board work to keep our accounting in order, make sure the website is up and running, review tours to be sure they meet the high standards we all expect, and train members to be ride leaders. Of course, I must recognize the staff, Nancy and Glenn, who are the glue that holds the people and activities we all enjoy together.

The next time you have a particularly good experience on a ride, get an unexpected refund after a tour, or get help from a friend on a tour, let someone know how much you appreciate it.

BAC BOARD ELECTION 2024

The board has nominated Sue Bunten, Joan Feerick & Maria Nelson to a three year term. This will allow Sue and Joan to continue on the board after their current term ends in February 2024. Biographical information is provided for each of them below. Candidates may also be nominated for election to the Board through petition by 2% of the membership up until January 14, 2024. Proxies will be solicited from January 15-Feb 15, 2024 for candidates nominated by the Board and those nominated by the membership. The proxies cast will be exercised by the Board Chair at the Annual General Meeting Feb 25, 2024 following the direction provided. Sue Bunten (Vancouver, BC) As an incumbent BAC Board Member, I am now seeking your vote in support of my serving another 3 years and 2nd and final term as a BAC Board

Member. My experience these past three years as a BAC Board Member has been very fulfilling, challenging and fun.

I had done only a few cycle tours before joining my first BAC tour 2017 Yellowstone as Driver. I was instantly hooked and two months later was fortunate to get into the last open spot for the 2017 Ride Leader Seminar in Davis, CA. Since then, thanks in large part to strong mentorship and support from experienced BAC Ride Leaders; Warner Griswold and Clarice Sackett, I have now been part of the ride leadership team on 13 BAC tours with ride leaders Warner Griswold, Albert Balingit, and Julie Leever albeit mostly in a lesser role. Of those tours, I coordinated a 2022 CAT tour in coastal Croatia and lead 3 domestic tours (Beaches of S. California and International Selkirk Loop twice) and next fall I'll be leading my first international tour in northern France with co/leader Graeme Thomson.

It's true that there is no better way to learn than by teaching and without a doubt my 3 years on the Ride Leader Training & Development Committee alongside Joan Feerick, Maria Nelson, and Albert Balingit delivering the important BAC Ride Leader Seminar and as well as 3 more focused deep dive ride leader training sessions on Hotels, CAT Tours, and International Tours has immensely improved my understanding of the many elements involved with leading tours. In my career life I conducted law enforcement & fisheries management on Canada's west coast as a federal officer in the field of fisheries and habitat protection. That work gave me experience putting legal files and court briefs together: paper handling skills (yes, I worked for the government!) now useful in my duties as Secretary of the BAC Board. In my off time besides cycling, I enjoy hot yoga practice and golf with the ladies. I also enjoy volunteer board work and served on two HOA (Homeowners Association) boards in two different countries for a total of 6 years just prior to my joining the BAC Board in March 2020.

I have a deep sense of honor, pride, and daily gratitude in being a BAC Board Member. I'm certain that my colleagues on the Board and in the BAC office and club volunteers who help with various club activities - training, ride mentoring, leading rides, finances, health & safety, policy etcetera – volunteer their time because they too feel the same way. This is a very special club.

Thank you for your support.

Joan Feerick (Fairfax Station, VA) Joan Feerick joined the BAC about 8 years ago with her husband Chuck. She had only recently developed a passion for cycling thanks to a wonderful mentor in her local bike club who encouraged her (she didn't need much encouragement) and pushed her (she needed a lot more pushing) to become a competent rider. Her first BAC tour took her and Chuck to Kentucky to view the total eclipse. Since then, many of their travels have been on BAC tours. Joan has led or co-led 4 tours for the BAC and has two additional tours on the schedule with her favorite co-leader, Chuck.

Joan completed the Ride Leader Seminar (RLS) in 2019 and then offered her services as a professional adult educator to innovate and update the content. She formed and co-chairs the Ride Leader Development Committee with other BAC volunteers and together they gave the RLS a new look and moved it to an on-line format. So far, Joan has been involved in developing and presenting 3 multi-day on-line Ride Leader Seminars and numerous additional seminars for ride leaders.

When she's not riding her bike, planning tours, or working on new education for the BAC, Joan is a medical volunteer (registered nurse) with the Fairfax County Health Department and State of Virginia. She and Chuck also enjoy birding and they like to mix up their cycling tours with trips to add unique species to their birding life lists.

Maria Nelson (Kent, WA) My husband Doug and I have completed 26 BAC tours since 2015. Two of them we led ourselves this year. We are avid supporters of BAC and enthusiastically embrace the concept of "Friends Leading Friends on Rides."

I have worked my entire career for organizations whose success depended on volunteers. In addition, I have been a volunteer myself for non-profit organizations which includes serving in a board capacity. I am familiar with the dynamics of organizations that run on volunteer labor. In regard to BAC, I love the concept of people actively giving back to the cycling community to enable others to ride on adventurous trips in an affordable way. It opens up the travel cycling experience to a much larger spectrum of people.

My experience with BAC has been positive in so many ways: the many different types and locations of the tours, the amazing people who participate in them and the quality of the leaders who propose and run them. I am excited to have joined the ranks of ride leaders at BAC.

I am hoping my career and volunteer experience as well as my knowledge of BAC could be a worthwhile addition to the BAC board. I am experienced with the day-to-day operations of a non-profit board and think that my participation could help advance the board and BAC in ways that would contribute to their success.

I believe that the engine that runs BAC is the ride leaders. I am particularly interested in helping to understand why members become ride leaders, how to further encourage them to lead rides, how their experience affects their interest in leading future rides and how to bring former ride leaders back into the fold. I'm hoping with my experience in working with volunteers and in leadership development that I might help to continue to build on the work that is already being done in this area. I'm very interested in hearing from the Board their ideas on this topic.

2024 On-line Ride Leader Seminar

The Ride Leader Training and Development Committee is making it easy to learn about being a ride leader. We're offering a Zoom based Ride Leader Seminar consisting of four 2.5 hour online sessions starting in February. This training is only offered once every year or two.

Below are details about the training and how to register.

Dates: Mondays and Wednesdays 2/26, 2/28, 3/4 and 3/6

Time: 7:00 – 9:30 PM EST (4:00 – 6:30 PST) for each session.

The program will feature:

- On-line classes via Zoom
- Frequent knowledge checks with quizzes and activities
- Practice and assignments between training sessions

Experienced presenters (ride leaders and board members) will provide the tools you need to lead a successful BAC ride in the USA and international locations. We will cover how to lead all types of rides including point-to-point, fixed-based, self-directed, and commercially assisted.

You will learn all aspects of leading rides from developing, budgeting and planning, to leading the ride and finalizing all paperwork. Each seminar participant will learn how to access resources needed to propose and manage tours.

WHO SHOULD ATTEND: This seminar is primarily for BAC members who are interested in leading a ride for the first time. It is also helpful for those who have previously led BAC rides

and want more training. To attend, you must be a BAC member and have participated in at least one BAC tour by the day of the first training session.

REGISTRATION: To submit a request to join this training event, go to <https://www.bicyleadventureclub.org/html/rides/index.asp?action=ride&RideID=1692> Then use the "links" displayed above the Ride Description to request to register. When you are accepted, the Ride Leader will move you from the Waitlist to the Pending List. At that time you will receive an email notification to login to the BAC website to sign the release of liability form and pay the \$50 BAC ride registration fee. As soon as your payment has been processed, your name(s) will be added to the Participant List. To contact the Ride Leader, "click" the name at the top of the Ride Description. A link will be sent with instructions on how to access the Seminar prior to the first training session.

Participants who complete all four training sessions will have the ride registration fee reimbursed.

NEW MEMBERS

We are pleased to welcome these new BAC Members who have joined us in Nov. 2023. If they live near you give them a call.

Cherly Harmel, Littleton, CO

Brenda Kazen, Tucson, AZ

Colleen and Peter Schleider, Avon, CO

Kathleen Krekow and Karl Krekow, Seattle, WA

Robbie Beery, Hansville, WA

Sarah Grotelueschen, Corvallis, OR

Sarah Boden, Philadelphia, PA

Juliet and Dan Bartel, Chico, CA

Kathleen Molloy, Santa Barbara, CA

Andrew Diaz, Seattle, WA

Susan Patterson, Philadelphia, PA

TOURS

New Rides Posted. You can now sign-up for the following rides approved recently and

announced in “New Ride Previews” on the BAC website homepage.

Pacific Northwest Corners 2024 July 7-19, 2024. Ride Directors: Maria Nelson and Ben Satterwhite. Start Location: Bellingham, WA. Finish Location: Bellingham, WA. Ride Rating: 2B!

Fall Colors of Carbondale, CO Sept 28-Oct 5, 2024. Ride Directors: Rich & Marianne Reinecke. Start Location: Carbondale, CO. Finish Location: Carbondale, CO. Ride Rating: 3B

Bhutan - The Last Buddhist Kingdom Nov 13-23, 2024 Ride Coordinator: Pam Kelly. Start Location: Bangkok, Thailand. Finish Location: Paro, Bhutan. Ride Rating: 4B

RIDES WITH SPACE AVAILABLE

- New Zealand Canterbury & Otago Off Road 2024 Feb 16, 2024 - Mar 1, 2024 3B
- New Zealand Westland & Tasman Off Road 2024 Mar 6, 2024 - Mar 20, 2024 3B
- St. John’s Loop, St. Augustine, FL Mar 18, 2024 - Mar 26, 2024 1B Space available for female to share room
- Solvang in Spring – 2024 Apr 7, 2024 - Apr 13, 2024 2B
- Puglia 2024 - Land of History, Scenery, Beaches Apr 19, 2024 - May 4, 2024 1B
- A Taste of Texas Apr 22, 2024 - Apr 29, 2024 2B
- Camino del Cid 2024 May 11, 2024 - May 30, 2024 3B
- Historic Croatia Island Tour May 13, 2024 - Jun 1, 2024 3B
- Northern Spain 2024: Rio Ebro, La Rioja & Basque Country Jun 6 - Jun 22, 2024 3B Space available for male to share room
- The “Other” Netherlands: North Brabant Friesland Aug 21, 2024 - Sep 2, 2024 1B
- BikeHike Turkey-Aegean Coast from Istanbul to Cappadocia Sep 5 - Sep 18, 2024 4B
- Salzburg Double Loop - Seven Lakes Sep 10, 2024 - Sep 26, 2024 2B
- Empire State Trail, part 2- NYC to Quebec City Sep 14, 2024 - Sep 29, 2024 1C
- Appalachian Blue Ridge 2024 Sep 23, 2024 - Oct 3, 2024 4B
- Blue Wall of the Carolinas 2024 Oct 6, 2024 - Oct 18, 2024 3B

POLICY CHANGES

At the November board of directors meeting the following policy changes were “approved in

principle” for rides beginning in 2025 or later:

- Luggage Van rental guidance (page 12): All vehicle and trailer rentals must include a) Loss Damage Waiver (LDW) covering both damage to the vehicle and theft, with the lowest deductible offered and b) 3rd party liability insurance for the entire rental period.

A Ride Leader may request approval by the board designee to substitute alternative LDW or 3rd party liability insurance. If an alternate insurer is used, a document from the alternate insurer confirming LDW and 3rd party liability coverage must be carried in the rental vehicle throughout the rental period.

- The appropriate medical or travel insurance statement (p. 22) to be included in a Ride Description is determined by the geographic location of the bike tour (inside the US, within Canada, and international tours). The “Sample Ride Description” includes the full text.

- Requirements for Divers on BAC Rides (page 38) expands submission of name, birth date, and driver license number of tour vehicle drivers to include tours outside the United States or Canada.

- All costs for any rule or legal infraction (page 43), such as traffic, parking, seatbelt, hotel, are to be paid by the responsible individual.

Final approval of these changes will be discussed at the January board meeting. Please submit any comments to Kate Faulkner (kerfaulkner@gmail.com).

SPECIAL THANKS

The Ride Leader Training & Development Committee would like to thank Albert Balingit for his support for designing and delivering high quality training for potential and current ride leaders. Albert’s background in legal education made him a natural for this effort. He spent countless hours during the pandemic with the rest of the committee redesigning the Ride Leader Seminar as well as presenting it in the new on-line format. His knowledge and experience were so valuable to this effort. He was also essential in the “deep-dive” training provided to current ride leaders. We will miss not only his expertise as he steps down from the committee, but also

his warmth, humor and friendship. Fortunately, Albert will still be available to be a presenter. Thank you Albert for your amazing dedication – it's much appreciated.

ARE YOU INTERESTED?

Following the success of the BAC Sicily 2023 bike tour and because so many were on the waitlist this tour will be repeated in 2024. The dates will be September 26, 2024 and end October 8, 2024. Hoping to have it ready to announce for the January update. If interested read the Tripper Report of the Sicily 2023 trip. You can contact me at almaskis96@hotmail.com or (412) 889 0790

SINGLES LOOKING FOR ROOMATES

Members, if you are signed up or trying to get on a bike tour and you are looking for a roommate you can send in a note to me at the office and let me know and I will include your request in this section of the newsletter each month.

Leaders, if you have someone on your ride looking for a roommate drop me a note to include here.

If a roommate has been found, let me know so the notice can be removed.

Note to get it in the monthly update I will need to receive the notice prior to the first business day of each month.

St. John's Loop, St. Augustine, FL Mar 18, 2024 - Mar 26, 2024 1B Space available for female to share room. If interested contact Mark Copher ohsheen@protonmail.com

Northern Spain 2024: Rio Ebro, La Rioja & Basque Country Jun 6 - Jun 22, 2024 3B Space available for male to share room If interested contact Karen Hass karenbikes2@gmail.com

MEMBERS CORNER

For Sale: NorWester Co-Motion 21 speed steel road bike with S&S couplings. It is size 50.7, since it was a custom bike. \$1000 Please contact lag7.goetsch@gmail.com or call/text 206-300-8898 Bike is located in Seattle.

For Sale GIANT LIV Sedona Like new Perfect for all-around cycling. Disc brakes, Step thru aluminum frame, Frame and fork suspension, 26" Wheel Size, Includes Cat Eye computer; kick

stand; mirror. \$450. Contact Gary Finke: Voice or text 520-490-3997 or garyfinke@pobox.com

For Sale: 50 cm Miyata 21 speed Steel road bike, S&S couplings. Used by 5'0" woman around the world \$1,000. Newer hard case for \$300. See at Craigslist Richmond VA or

email pullen_39@yahoo.com or call/text (804)349-4140

RIDE with GPS (RWGPS) club discount for BAC members extended! The 20% discount

for BAC members on paid RWGPS memberships has been extended through the end of

2023 – use discount code `bacrocks2023`. RWGPS has 3 levels of membership: free, basic (\$50

per year), and premium (\$80 per year). Their website (<https://ridewithgps.com/help/compare-plans>) compares the three levels of membership and provides explanations of the features

included in each. BAC members with FREE RWGPS membership, while on a BAC tour, enjoy

the enhanced features of subscription RWGPS membership. Purchasing a personal subscription

will provide the enhanced features on all your rides